

Table 1. Demographic and Clinical Characteristics of the Study Population	
Demographics	
Age (mean \pm SD)	65.2 \pm 12.5
Gender (Male/Female)	112/88
Ethnicity (White/Black/Hispanic)	150/45/15
Education (High School/Graduate)	130/60
Income (Low/Medium/High)	120/50/30
Clinical Characteristics	
Duration of Diabetes (mean \pm SD)	15.3 \pm 8.7
HbA1c (mean \pm SD)	8.5 \pm 1.2
Insulin Use (Yes/No)	140/40
Comorbidities (Hypertension/Cholesterol)	130/100
Smoking Status (Smoker/Non-smoker)	80/140
Alcohol Consumption (Regular/Occasional/None)	50/80/110
Study Outcomes	
Adherence Rate (%)	78.5
Quality of Life Score (mean \pm SD)	62.3 \pm 15.4
Healthcare Costs (mean \pm SD)	\$1,234 \pm 345
Complications (Yes/No)	30/110

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